



"Life Coaching For Your Individual Greatness"

HOW TO HEAL PART 3: FORGIVING THE ABUSER

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FORGIVING THE ABUSER. This is perhaps the most difficult of the three steps associated with healing because; **forgiveness has nothing to do with the other person.** The act of forgiveness happens right between your ears—in your mind—and is about you choosing to be free of pain. By embracing forgiveness you are *not* conceding to or letting the person off the hook for their negative actions against you. Instead, **you are making the choice to free yourself and create a space for your own healing** by letting go of the pain from your past. Forgive yourself for any pain you may have caused and forgive all those who have hurt you in some way. To do this, two actions can assist you:

- Initiate a forgiveness method
- Establish a boundary system

Forgiveness Methods

There are many ways to practice forgiveness. Some include:

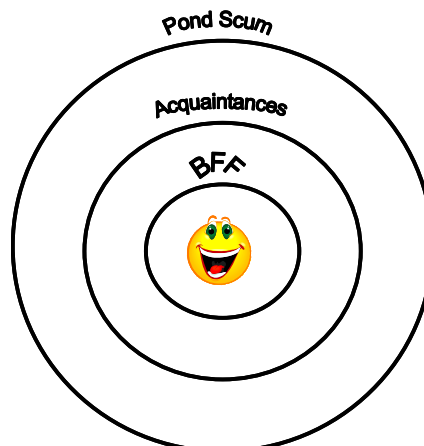
- Saying a prayer for each person or situation
- Writing letters expressing your deepest feelings and then tearing them up to symbolize the tearing out of the pain
- Visualizing each person in front of you and having a "conversation" saying whatever you feel is necessary to clear the air

As you let go of this old baggage you can then take the energy, that you were using to hold onto the pain, back in your life in a more positive way to assist you in nurturing and strengthening yourself. As a result, a stronger you will naturally emerge that can be fully present in all your relationships.

Flexible Boundary System

Establish an active, but flexible boundary system where the people in your life (family, friends, coworkers, etc.) are put into one of three categories I call **B.A.P.**:

1. **B**FF
2. **A**cquaintances
3. **P**ond Scum



BFF

Best friend forever! These are the people you trust, those who are always honest with you (even when you are wrong), the folks with whom you share many of the same values and morals, and who are a consistently positive influence in your life.

Acquaintances

These are nice people that you like and care about. You associate with them, perhaps frequently, but you have no deep emotional attachment to the relationship.

Pond Scum

People in this category have proven that they should be described with words like *negative* and *untrustworthy*. Their actions suggest that your association with them should be minimal, if not all together non-existent.

Why establish a boundary system? Because, everyone does not deserve a front row seat in the theatre of your life. And, as I have written before, regardless of the type of pain you have experienced, as *captain of your life ship*, you have the **sole responsibility** to ensure that you are whole physically, mentally, spiritually and emotionally. The **obligation** to do something to help yourself, and the **right to expel** any person or thing from your life that infringes on your wholeness, is yours. Remember this true story as you **decide now that you love you more than anything in the world...**

(CNN.com) -- *There's nothing funny about Tyler Perry's latest work: a revealing account of the horrific abuse he suffered as a child.*

"I always thought I would die before I grew up," the comedian writes in an uncharacteristically somber letter to fans on his web site. After watching a screening of the lauded movie "Precious," about a 16-year-old girl who is physically and emotionally abused, the New Orleans native, 40, best known for his comic Madea character, reveals a flood of memories came back, and that, "a large part of my childhood had just played out before my eyes."

Beginning with his mother's failed attempt to leave his abusive father, Perry recounts a horrific list of beatings and hardships he suffered. "My father came home, mad at the world," he writes. "He was drunk, as he was most of the time. He got the vacuum cleaner extension cord and trapped me in a room and beat me until the skin was coming off my back." Perry goes on to relate accounts of being seduced by a friend's mother at age 10, to being molested by another friend's father, to finding out that his own father was molesting a friend. And he tells of how his grandmother made a bizarre attempt to rid him of his allergies. "She said she was going to kill these germs on me once and for all," he says. "She gave me a bath in ammonia."

But seeing "Precious," he said, helped him realize once again that he had survived it all. "It hit me so hard, I sat there in tears realizing that somehow, by the grace of God, I made it through," writes Perry, who signed on as an executive producer on the film, which was also produced by Oprah Winfrey. "My tears were tears of joy, being thankful that I made it."

*And the most important lesson of all? **Learning to forgive**, he says.*

"I know that there are a lot of people out there with stories far worse than mine but you, too, can make it. To those of you, who have, welcome to life. I celebrate you," he said. "We're all PRECIOUS in His sight."

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